Caregiver Support Groups Lifespan Respite

OFFICE ON AGING **PO** Box 4210 HELENA, MT 59624

Billings

Caretime Support Group for Caregivers Adult Resource Alliance of Yellowstone County 1505 Avenue D – 2nd floor

(406) 259-5212 (JoDee)

Caregivers Support Group Billings Clinic Downtown

Basement Room 1 801 North 29th Street

(406) 690-2468 (Ramona) 657-4773

Alzheimer Association Support Group

Canyon Creek Memory Care

1785 Majestic Lane (406) 281-8455 (Amy)

Marquis Grand Park Assisted Living

1221 28th Street West

(406) 652-6989 (Nadine)

West Park Village Assisted Living

2351 Solomon Avenue

2nd Floor Library (406) 652-4886

Bozeman

"Forgetters" Support Group

Bozeman Senior Center

807 N. Tracy Bozeman, MT

(406) 586-2421 Judy

Dementia Support Group for Caregivers

Spring Creek Inn 1641 Hunters Way Bozeman, MT

(406) 586-0074 (Alisha)

Monthly date varies 1 PM 2nd or 3rd Wednesday Call First

4th Monday

Noon

2nd & 4th Monday

11 AM

3rd Tuesday

2 PM

Call First

1st & 3rd Wednesday 2 PM

2nd Wednesday

1 PM

2nd & 4th Thursday

Noon

Butte

Caregiver Support Group 1st & 3rd Tuesday 1 PM
Belmont Senior Center Call First

615 Mercury Butte, MT (406) 723-7773

Alzheimer Association Support Group 3rd Tuesday 7 PM
Marquis Vintage Suites Call First

300 Mount Highland Drive

Butte, MT

(406) 494-0083 (Shelly)

Great Falls

Alzheimer Support Group 1st Tuesday 1 PM

Benefis Senior Care Center 2621 15th Avenue South Great Falls, MT 59405 (406) 455-5919 (Donna)

Alzheimer Association Support Group 2nd Thursday 6:30 PM

Missouri River Care & Rehab 1130 17th Avenue South Great Falls, MT

(406) 771-4500 (Courtney)

Highgate Senior Living Last Wednesday Noon

Call First

3000 11th Avenue South

Great Falls, MT (406) 454-0991 (Sandra)

Caregiver Support Group 3rd Monday Noon

Benefis Sletten Cancer Institute

Hope Room Great Falls, MT

(406) 454-6980 (Jona)

*Some support groups are being broadcast using video conferencing to towns throughout northcentral Montana. Call Karyn at 406-731-5588 for availability.

Video conference Locations: Big Sandy Medical Center, Liberty Medical Center-Chester; Sweet Medical Center-Chinook; Teton Medical Center-Choteau; Pondera Medical Center-Conrad; Missouri River Medical Center- Fort Benton; Northern MT Hospital-Havre; Central Montana Medical Center – Lewistown; Phillips County Medical Center – Malta; and Marias Medical Center – Shelby.

Hamilton

Bitterroot Valley Alzheimer's Support Group

South Living Room

Valley View Estates Health Care Center 1st & 3rd Fridays 1 PM

225 N. 8th Street Hamilton, MT

(406) 363-5690 (Katie)

<u>Helena</u>

Caregiver Support Group 2nd Tuesday 5:30 PM

St. Peter's Hospital 2475 Broadway Helena, MT

(406) 442-6314 (Judy) (Call first)

Libby

Libby United Methodist Church Tuesday 2 PM

713 Main Avenue

Libby, MT

(406) 293-4937 (Dorothy)

Kalispell

TBI and Caregiver Support Group 2nd Monday 6 PM

Summit Conference Room 205 Sunnyview Lane

Kalispell, MT

(406) 756-4720

Buffalo Hill Terrace 3rd Monday 3 PM

40 Claremont Street

Kalispell, MT

(406) 752-9624 (Carla) (406) 752-9612 (Reva)

Missoula

Caregiver Support Group 3rd Tuesday 4 PM

Missoula Aging Services

337 Stephens

Missoula, MT (406) 728-7682 (Sara)

Alzheimer's Association Support Group 2nd Wednesday Noon

Summit Independent Living Center Conference Room

700 SW Higgins

Missoula, MT

(406) 549-3433 (Jackie)

4th Monday Alzheimer's Association Support Group 6:30 PM Missoula Senior Center 705 South Higgins Missoula, MT (406) 549-3433 (Jackie) Caregiver Support Group and Education Wednesdays Noon Good Life Learning from the Goodman Group Call First* The Village Senior Residence 2815 Old Fort Road Missoula, MT (406)549-1300 (Sarah) *Location and time may vary **Polson** 2nd Wednesday Alzheimer's Caregiver Support Group 1:30 PM Presbyterian Church of Polson 301 4th Avenue E Polson, MT (406) 849-6207 (Arleen) 2nd & 4th Monday Cheerful Heart Cancer/Caregiver Support Group Noon United Methodist Church 301 16th Avenue Polson, MT (406) 883-7284 or (406) 824-2868 (Tammy)

Alzheimer's Telephone Support Group

The Alzheimer Association, National Chapters provide a telephone support group for caregivers of individuals with Alzheimer's disease and related dementias. The purpose is to reach out to those caregivers who could benefit from a support group, yet find it difficult to travel to a meeting site or a meeting site is not available in your community.

For information about joining the telephone support group, call Kelli Moorehead, toll free: (800) 272-3900.

Caregivers Training

The Montana State University Extension Offices offer an educational program designed to provide the tools needed for caregivers to take care of themselves so they can continue to be an even more effective caregiver. The class consists of six 2-hour sessions. Participants receive the Caregiver Helpbook, handouts and numerous resources.

For more information about caregiver training and support in your area, call:

- Aging and Disabilities Resource Center or the Area Agency on Aging at 1-800-551-3191
- Local County Extension Office for information about classes in your area http://www.msuextension.org/health/Powerful_Tools.html http://www.powerfultoolsforcaregivers.org/book-store/